

New Books

The Crossing
The Yoke
Bred in the Bone
The Fugitive

Churchill
Elizabeth Miller
Nelson Page

\$1.25 PER COPY

J. N. GRIFFIN

L. H. HENNINGSEN & CO.

Furniture, Stoves and Ranges, House Furnishings

All kinds of mattresses made to order. Furniture repaired, upholstering. Absolutely the cheapest place in town. Second-hand goods bought and sold.

304 BOND STREET, Next Door to Wells-Fargo Ex. Co.

PHONE, RED 2305

BROOKS & JOHNSON, Proprietors.

Phone No. 831

THE WIGWAM

GUS BROOKE, Manager

Great Palace of Art of the Pacific Coast

Fine Bar and the Best of Liquors and Cigars

SEE THE ILLUSTRATED PICTURES

Eighth and Astor Sts.

ASTORIA

Now, About that Roof of Yours. It makes no difference whether its a new one to be laid, or an old, worn out one to be renewed. We can do the job. It's our exclusive business—roofing is. WE've been at it for over twelve years. We guarantee every square inch of our goods, and our workmanship down to the driving of the last nail.

It will pay you to write us for prices and descriptive matter.

The Elaterite Roofing Co.

10 Worcester Bldg. Portland, Ore.

Toke Point Restaurant

Under New Management

BOWERS & BEAULIEU, Proprietors

SPECIAL MERCHANTS LUNCH 25c
OYSTERS ANY STYLE
HOT TAMALES

We Never Close

112 Eleventh St.

CIGARS

The Trade supplied at absolutely bottom prices.

TOBACCO

In all Brands and Sizes. We have them in stock.

We have added a pipe repairing department. Best work in this line. GOODS EXCEL, PRICES RIGHT

WILL MADISON
530 COMMERCIAL ST. 114 ELEVENTH ST.

HATS TRIMMED FREE

A big reduction sale on hats. All kinds of ladies' and childrens' furnishing goods, hair switches and pompadours.

MRS. R. INGLETON, Welch Block.

433 Commercial Street

Phone Main 121

Sherman Transfer Co.

HENRY SHERMAN, Manager

Hacks, Carriages—Baggage Checked and Transferred—Trucks and Furniture Wagons—Pianos Moved, Boxed and Shipped.

TIME TABLE T. J. POTTER

DATE	Leave PORTLAND	P. M. Arrive Astoria	P. M. Leave Astoria	P. M. Arrive Dock	Leave Astoria Dock P. M.	Arrive Astoria P. M.	Leave Astoria P. M.	Arrive Portland A. M.
Tues. Aug. 9	6:45am	12:45	12:45	2:00	8:30	9:15	9:15	4:15
Wed. " 10	7:30am	1:30	1:30	2:45	8:00	9:15	9:15	4:15
Thurs. " 11	8:15am	2:15	1:15	3:30	9:30	10:45	10:45	5:45
Friday " 12	9:00am	3:00	3:00	4:15	10:30	11:45	11:45	6:45
Sat. " 13	9:00am	3:00	3:00	4:15	10:30	11:45	11:45	6:45
Sun. " 14	4:30	5:45	5:45	12:45

G. W. ROBERTS, Agt., O. R. & N. CO.

GIRLS ARE STRONGER

Confinement at Office Work Said to Be Weakening the Men Now-a-days.

MOTHERS MAY SAVE RACE

Athletic Sports and Open-Air Life Exerting a Beneficial Influence on Women Who Will Try It.

The attention of the shopping throng along the downtown section of Fulton street the other day was attracted to a puffing, awkward individual, who with great difficulty pursued a car which he apparently wished to get aboard.

Passing along in the crowd with a companion was one of Brooklyn's foremost instructors in physical culture. He followed the movements of the speeding figure closely with his eye for a second and turned to his friend.

"In another half century," he commented, "there will be a far greater number of such men than we see now. He is a fair example of what office work and city life will do for a man who does not exercise his muscles. He runs with great difficulty, his heels striking the street first, and jarring his puffing body at every step. When he catches the car—if he ever does—he will sit in his seat and blow for half an hour.

"It is the hard, level pavements of our city streets," he continued, "which is making so many people flat-footed nowadays. There is no spring in their step and far too little walking necessary in passing from one point to another about the city.

"Even a casual observer," he added, "will notice the great number of business men who are conspicuous for spinal curvature. Inside desk work is responsible, and in this age of mental strife, when physical efforts are of practically little consequence, there appears to be no general remedy which would apply to the masses.

"In the last half century the proportion of people following agricultural pursuits has decreased enormously, while increase in manufacturing and the substitution of machinery has taken thousands from healthy open air occupations and forced them into factories and other confined positions.

"The youth of 40 years ago, according to statistics, was sound, with his larger back and leg muscles well developed from active exercise, which was usually necessary in the execution of his work.

"Today," continued the instructor, "even the boy who toils from early morn until dusk in one of the city's many factories is not perfectly formed. His work is usually of such a character as to develop the smaller muscles, such as the fingers, wrist or ankles.

"The schoolboy interested in athletics is his superior physically. His long muscles essential to strength, are larger and he is usually taller.

"The girls of the day, on the other hand, are more healthy than their mothers. This is because of the fact that the indoor girl is gradually disappearing and being supplanted by the strenuous young lady who plays golf, tennis and other active pastimes. At the girls' colleges the gymnasium and field are becoming conspicuous.

"Corsets and tight-fitting garments are forbidden in one college, and the girls are even going into mannish sports requiring stamina and plenty of energy.

"This is one redeeming feature of our present condition counteracting the decline of man's physical ability. Of course, there is much discussion as to whether this physical degeneration of man is really a fact, but whether it is or not, I have heard a few clear arguments pointing out that man will regain, or, on the other hand, increase his physical power in time because of the improving standard of womankind.

"It is known that the offspring often simulate the mother in physical proportion and the father in mental activity, a combination theoretically fitting the present situation to advantage. This is the argument brought up to meet facts proven by carefully taken statistics.

"Again, a careful observer would note that city people are taking longer vacations these days and spending far more time in the country than ever before. Every year is marked by a greater number of people deferring their departure from their country homes to the city. Even now the conventional summer season closes in October, while a great many people wait until November 1.

tober, while a great many people wait until November 1.

"This is of material advantage in sustaining the business man through the shortened season spent in the city, but is hardly a factor when the percentage of men sufficiently well off to have summer homes is considered.

This much discussed question of whether or not man is growing physically weaker at the sacrifice of additional brain power has disturbed scientists and been the cause of no end of research of some time.

Many suits of armor found in European castles have failed to lock about the body of an average-sized man of today, while the athletic records and physical accomplishments of the Spartans and Romans are considered better than similar tests by men of our own day.

In view of the fact that the Romans were vegetarians and thrived on their diet, a number of "physical culture" restaurants have sprung up recently, at which one can eat the vegetarian food-stuffs at a comparatively small expense.—Brooklyn Standard Union.

SUCCESS FOR PORTLAND FAIR

Managing Officials Are Sanguine as to the Exposition.

Portland Journal: John A. Wakefield, director of concessions and admissions for the Lewis and Clark fair, returned yesterday from St. Louis. He is strongly in favor of the construction of a big hotel inside the exposition grounds.

"The Inside Inn at the St. Louis exposition, although an innovation in the hotel business, is a great success," he says. "St. Louis is the first exposition city to offer hotel accommodations in the exposition grounds. The hotel is built on a spacious plan, with 2257 rooms for guests, and every room is already booked through the months of September and October."

Mr. Wakefield said: "We shall undoubtedly have a large foreign representation at the fair here. There is great interest manifested among the exhibitors and concessionaires, and many inquiries about the exposition.

"Exhibitors have besieged us with inquiries, but these we have been unable to answer in an entirely satisfactory manner until we confer with the officials of the exposition to see where we stand.

"The government exhibit will be removed practically intact to Portland. The Philippine exhibit, on account of the immensity and its great cost, will probably be divided."

Mr. Wakefield will remain in Portland until the first of next week.

Col. Henry Dosch, commissioner general and director of exhibits for the Portland exposition, returned with Mr. Wakefield. He says it has been hard work to get the foreigners interested, but they are now talking favorably, and the Portland exposition is assured of exhibits from Japan, China, Italy, Germany, Belgium and France. Most of these countries will bring their St. Louis exhibits here, and augment them with fresh material, which has in some cases already been ordered.

"When I first went to St. Louis," says Colonel Dosch, "the people were very reticent on the subject of the Lewis and Clark exposition, but that feeling has now passed away."

Colonel Dosch says the Portland fair will have the most interesting of the St. Louis exhibits and a large number of new ones. He says there will probably be no trouble in securing the vatican exhibit and the queen's jubilee exhibit.

Suicide Prevented.

The startling announcement that a preventive of suicide had been discovered will interest many. A run-down system, or despondency invariably precedes suicide and something has been found that will prevent that condition which makes suicide likely. At the first thought of self-destruction take Electric Bitters. It being a great tonic and nerveine will strengthen the nerves and build up the system. It's also a great Stomach, Liver and Kidney regulator. Only 50c. Satisfaction guaranteed by Chas. Rogers, druggist.

The Grotto handles nothing but straight liquors; no blended goods in the house.

GOT HIS HAIR BACK.

Was Perfectly Bald When He Started to Use Newbro's Herpicide.

Frederick Manuel, Maryland block, Butte, Montana, bought a bottle of Newbro's Herpicide, April 8, '96, and began to use it for entire baldness. The hair follicles in his scalp were not dead and in 20 days he had hair all over his head. On July 2 he writes, "and today my hair is as thick and luxuriant as any one could wish." Newbro's Herpicide works on an old principle and with a new discovery—destroy the cause and you remove the effect. Herpicide destroys the germ that causes dandruff, falling hair, and finally baldness, so that with the cause gone the effect cannot remain. Stops falling hair at once and a new growth starts. Sold by leading druggists. Send 3c. in stamps for sample to The Herpicide Co., Detroit, Mich.

MISCELLANEOUS BUSINESS OPPORTUNITIES

FOR SALE—At Gaston's feed stable, one Landle harness machine, one 20-horse motor, one starter box, 35 feet 8-inch leather belting, 30 feet 4 play 8-inch rubber belting, 1 pair butcher's wall scales, 1000 grain sacks.

SEE these new bathroom fixtures at Montgomery's, 425 Bond street. Most improved tubs, shower baths and sanitary fixtures of all kinds. Union hand-made heating stoves and tinware of all kinds. Phone 1031.

LOST—On Thursday afternoon, on Franklin avenue, between Fourteenth and Eleventh streets or on Eleventh between Franklin and Commercial, point lace handkerchief. Finder will be suitably rewarded by returning to No. 2 Bond street.

PLUMBING, steam heating, tinning, roofing, gas fitting, repairing, etc., etc., promptly and satisfactorily attended to at reasonable prices by John A. Montgomery, 425 Bond street. Phone 1031.

FOR SALE—Four rooms, furnished up to date; good location. For sale on partial payment. Apply to this office. O. F. Morton.

WOOD. WOOD. WOOD. Cord wood, mill wood, box wood, any kind of wood at lowest prices. Kelly, the transfer man. Phone 2211 Black, Barn on Twelfth, opposite opera house.

LOST—Near Tongue Point, 250 fathom gill net, 9 1/2 inch mesh; floats marked "H. T." Will pay for return to Henry Turve, 1239 Franklin Ave., Astoria, Ore.

PIANO TUNER. For good, reliable piano work see your local tuner, Th. Fredrickson. 2071 Bond street. Phone Red 2074.

FOUND—A gill net, near Fort Columbia. Leads marked A. A. M. Owner can have same by inquiring at Occident Cannery of Eric Maunula.

Lump Coal—Large Lumps—Ring up S. Elmore & Co., Main 1961, and order a ton of Ladysmith coal. They deliver it. Select lump coal.

Upper Astoria has a place where you can get a fine glass of beer, as good wines and liquors as you can find any place in the city.

BEST 15-CENT MEAL. You can always find the best 15-cent meal in the city at the Rising Sun restaurant, No. 612 Commercial street

HARRY JONES. Opposite North Pacific Brewery.

Alderbrook Transfer Company—Baggage transferred and wood furnished. Orders received at Gaston's stable. Phone Main 1671. E. L. Geddes, Mgr.

JAPANESE GOODS. New stock of fancy goods just arrived at Yokohama Bazaar. Call and see the latest novelties from Japan.

WANTED—Energetic, trustworthy man or woman to work in Oregon, representing large manufacturing company. Salary \$50 to \$80 per month, paid weekly; expenses advanced. Address with stamp, J. H. Moore, Astoria, Ore.

First-class meal for 15c; nice cake, coffee, pie, or doughnuts, 5c. U. S. restaurant, 434 Bond street.

The Palace Cafe

The Best Restaurant

Regular Meals, 25 Cents
Sunday Dinners a Specialty
Everything the Market Affords

Palace Catering Company

ASTORIA IRON WORKS

JOHN FOX, Pres. and Supt. A. L. FOX, Vice President.
F. L. BISHOP, Secretary ASTORIA SAVINGS BANK, Treas.

Designers and Manufacturers of

THE LATEST IMPROVED
CANNING MACHINERY, MARINE ENGINES AND BOILERS.
COMPLETE CANNERY OUTFITS FURNISHED.

CORRESPONDENCE SOLICITED.

Foot of Fourth Street, ASTORIA, OREGON.

1,000 TONS

BEST LUMP

COAL

Free Delivery. Phone orders to No. 1961. Elmore & CO.

GILLETTE SAFETY RAZORS

Wafer Blades, No Stropping or Honing. Always Sharp. Sold Only By

FISHER BROTHERS COMPANY

Weinhard's Lager Beer.